

# Athletes With A Disability

## Centre Level Competition Guidelines

### Visually Impaired Athletes (Classification 11, 12 & 13)

#### Track

1. Escort/guide runners may be used by visually impaired athletes.
2. Athletes should provide their own guides for competition, if possible.
3. In laned events, an athlete with a guide/escort needs to be allocated two lanes.
4. As the blind runner crosses the finish line, the **guide must be** behind the athlete. At no time may the guide pull the athlete, or propel the athlete forward by pushing.
5. The method of guidance is the choice of the athlete. In addition, the runner may receive verbal instruction from the guide. (Bicycles or other mechanical means of transport may not be used by guides).

#### Long Jump

1. Competitors in the Long Jump may use a caller to provide acoustic orientation during the approach run. This guide/caller can assist in positioning the athlete on the run-way.

#### Throws

1. Competitors must be brought to the throwing circle by an escort/caller.
2. It is the task of the escort/caller to help the athlete orientate himself or herself in the throwing circle before the throwing attempt.
3. Acoustic orientation is permitted for athletes, before, during and after their throwing attempts.
4. Competitors must be escorted from the throwing circle.

### Wheelchair Athletes (Classification 32-34, 51-58)

#### Track

1. Escorts will be permitted to accompany competitors onto all competition areas.
2. Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.
3. At the start, the front wheel/s of the chair must remain on the ground, behind the start line until the gun is fired.
4. The athlete is determined to have crossed the line when the axle of the front wheel/s crosses the finish line.

### All other Athletes with a Disability

Little Athletics rules should be applied.

### Championship Events

For athletes competing at LAANSW Championship events (e.g. the invitation AWD events at the LAANSW State Track & Field Championships), the rules for AWD athletes as contained in Section F of the LAANSW Rules of Competition, shall apply.

*Note: At competition events where combined age groups are conducted, the competitor's will throw the weight specified for their age group. This could result in different weight implements being used in the same event.*

## Classification Identification System

TRACK EVENTS	FIELD EVENTS
<b>Events for the deaf or hearing impaired</b>	<b>Events for the deaf or hearing impaired</b>
T01	F01
<b>Events for the visually impaired</b>	<b>Events for the visually impaired</b>
T11	F11
T12	F12
T13	F13
<b>Events for athletes with learning difficulties</b>	<b>Events for athletes with learning difficulties</b>
T20	F20
<b>Events for athletes with cerebral palsy</b>	<b>Events for athletes with cerebral palsy</b>
T32 – Wheelchair	F32 – Wheelchair (Throws Only)
T33 – Wheelchair	F33 – Wheelchair (Throws Only)
T34 – Wheelchair	F34 – Wheelchair (Throws Only)
T35 – Ambulatory	F35 – Ambulatory
T36 – Ambulatory	F36 – Ambulatory
T37 – Ambulatory	F37 – Ambulatory
T38 – Ambulatory	F38 – Ambulatory
<b>Events for les autres athletes and amputee athletes</b>	<b>Events for les autres athletes and amputee athletes</b>
T40 – Les autres	F40 – Les autres
T42	F42
T43	F43
T44	F44
T45	F45
T46	F46
<b>Events for athletes in wheelchairs</b>	<b>Events for athletes in wheelchairs (throws only)</b>
T51	F51
T52	F52
T53	F53
T54	F54
	F55
	F56
	F57
	F58
<b>Events for transplantee athletes</b>	<b>Events for transplantee athletes</b>
T60	F60

## AWD Implement Specification

State Championship Invitation Age Group	Little Athletics Registration Age	Classification	GIRLS			BOYS		
			Shot Put (Centre & Championship Event)	Discus (Centre Only)	Javelin (Centre Only)	Shot Put (Centre & Championship Event)	Discus Centre Only)	Javelin (Centre Only)
U9/10	U9	F01	2kg	500gm	NE	2kg	500gm	NE
		F11-F13	2kg	500gm	NE	2kg	500gm	NE
		F20	2kg	500gm	NE	2kg	500gm	NE
		F32	1.5kg	350gm	NE	1.5kg	350gm	NE
		F33	1.5kg	350gm	NE	1.5kg	350gm	NE
		F34	1.5kg	350gm	NE	1.5kg	350gm	NE
		F35	1.5kg	350gm	NE	1.5kg	350gm	NE
		F36	1.5kg	350gm	NE	1.5kg	350gm	NE
		F37	1.5kg	350gm	NE	1.5kg	350gm	NE
		F38	1.5kg	350gm	NE	1.5kg	350gm	NE
		F40	1.5kg	350gm	NE	1.5kg	500gm	NE
		F42	2kg	350gm	NE	2kg	500gm	NE
		F43	2kg	350gm	NE	2kg	500gm	NE
		F44	2kg	350gm	NE	2kg	500gm	NE
		F45-F46	2kg	350gm	NE	2kg	500gm	NE
		F51	NE	350gm	NE	NE	350gm	NE
		F52	1.5kg	350gm	NE	1.5kg	350gm	NE
		F53	1.5kg	350gm	NE	1.5kg	350gm	NE
		F54	1.5kg	350gm	NE	1.5kg	350gm	NE
		F55	1.5kg	350gm	NE	1.5kg	350gm	NE
F56	1.5kg	350gm	NE	1.5kg	350gm	NE		
F57	1.5kg	350gm	NE	1.5kg	350gm	NE		
F58	1.5kg	350gm	NE	1.5kg	350gm	NE		
F60	2kg	500gm	NE	2kg	500gm	NE		
	U10	F01	2kg	500gm	NE	2kg	500gm	NE
		F11-F13	2kg	500gm	NE	2kg	500gm	NE
		F20	2kg	500gm	NE	2kg	500gm	NE
		F32	1.5kg	350gm	NE	1.5kg	350gm	NE
		F33	1.5kg	350gm	NE	1.5kg	350gm	NE
		F34	1.5kg	350gm	NE	1.5kg	350gm	NE
		F35	1.5kg	350gm	NE	1.5kg	350gm	NE
		F36	1.5kg	350gm	NE	1.5kg	350gm	NE
		F37	1.5kg	350gm	NE	1.5kg	350gm	NE
		F38	1.5kg	350gm	NE	1.5kg	350gm	NE
		F40	1.5kg	350gm	NE	1.5kg	500gm	NE
		F42	2kg	350gm	NE	2kg	500gm	NE
		F43	2kg	350gm	NE	2kg	500gm	NE
		F44	2kg	350gm	NE	2kg	500gm	NE
		F45-F46	2kg	350gm	NE	2kg	500gm	NE
		F51	NE	350gm	NE	NE	350gm	NE
		F52	1.5kg	350gm	NE	1.5kg	350gm	NE
		F53	1.5kg	350gm	NE	1.5kg	350gm	NE
		F54	1.5kg	350gm	NE	1.5kg	350gm	NE
		F55	1.5kg	350gm	NE	1.5kg	350gm	NE
F56	1.5kg	350gm	NE	1.5kg	350gm	NE		
F57	1.5kg	350gm	NE	1.5kg	350gm	NE		
F58	1.5kg	350gm	NE	1.5kg	350gm	NE		
F60	2kg	500gm	NE	2kg	500gm	NE		

## Implement Specification (Cont.)

State Championship Invitation Age Group	Little Athletics Registration Age	Classification	GIRLS			BOYS		
			Shot Put (Centre & Championship Event)	Discus (Centre Only)	Javelin (Centre Only)	Shot Put (Centre & Championship Event)	Discus Centre Only)	Javelin (Centre Only)
U11/12	U11	F01	2kg	750gm	NE	2kg	750gm	NE
		F11-F13	2kg	750gm	NE	2kg	750gm	NE
		F20	2kg	750gm	NE	2kg	750gm	NE
		F32	1.5kg	500gm	NE	1.5kg	500gm	NE
		F33	1.5kg	500gm	NE	1.5kg	500gm	NE
		F34	2kg	500gm	NE	2kg	500gm	NE
		F35	2kg	500gm	NE	2kg	500gm	NE
		F36	2kg	500gm	NE	2kg	500gm	NE
		F37	2kg	500gm	NE	2kg	500gm	NE
		F38	2kg	500gm	NE	2kg	500gm	NE
		F40	1.5kg	500gm	NE	2kg	500gm	NE
		F42	2kg	750gm	NE	2kg	750gm	NE
		F43	2kg	750gm	NE	2kg	750gm	NE
		F44	2kg	750gm	NE	2kg	750gm	NE
		F45-F46	2kg	750gm	NE	2kg	750gm	NE
		F51	NE	350gm	NE	NE	350gm	NE
		F52	1.5kg	500gm	NE	1.5kg	500gm	NE
		F53	2kg	500gm	NE	2kg	500gm	NE
		F54	2kg	500gm	NE	2kg	500gm	NE
		F55	2kg	500gm	NE	2kg	500gm	NE
F56	2kg	500gm	NE	2kg	500gm	NE		
F57	2kg	500gm	NE	2kg	500gm	NE		
F58	2kg	500gm	NE	2kg	750gm	NE		
F60	2kg	750gm	NE	2kg	750gm	NE		
	U12	F01	2kg	750gm	NE	3kg	750gm	NE
		F11-F13	2kg	750gm	NE	3kg	750gm	NE
		F20	2kg	750gm	NE	3kg	750gm	NE
		F32	1.5kg	500gm	NE	1.5kg	500gm	NE
		F33	1.5kg	500gm	NE	1.5kg	500gm	NE
		F34	2kg	500gm	NE	2kg	500gm	NE
		F35	2kg	500gm	NE	2kg	500gm	NE
		F36	2kg	500gm	NE	2kg	500gm	NE
		F37	2kg	500gm	NE	2kg	500gm	NE
		F38	2kg	500gm	NE	2kg	500gm	NE
		F40	1.5kg	500gm	NE	2kg	500gm	NE
		F42	2kg	750gm	NE	3kg	750gm	NE
		F43	2kg	750gm	NE	3kg	750gm	NE
		F44	2kg	750gm	NE	3kg	750gm	NE
		F45-F46	2kg	750gm	NE	3kg	750gm	NE
		F51	NE	350gm	NE	NE	350gm	NE
		F52	1.5kg	500gm	NE	1.5kg	500gm	NE
		F53	2kg	500gm	NE	2kg	500gm	NE
		F54	2kg	500gm	NE	2kg	500gm	NE
		F55	2kg	500gm	NE	2kg	500gm	NE
F56	2kg	500gm	NE	2kg	500gm	NE		
F57	2kg	500gm	NE	2kg	500gm	NE		
F58	2kg	500gm	NE	2kg	500gm	NE		
F60	2kg	750gm	NE	3kg	750gm	NE		

## Implement Specification (Cont.)

State Championship Invitation Age Group	Little Athletics Registration Age	Classification	GIRLS			BOYS		
			Shot Put (Centre & Championship Event)	Discus (Centre Only)	Javelin (Centre Only)	Shot Put (Centre & Championship Event)	Discus Centre Only)	Javelin (Centre Only)
U13/14	U13	F01	3kg	750gm	400gm	3kg	1kg	600gm
		F11-F13	3kg	750gm	400gm	3kg	1kg	600gm
		F20	3kg	750gm	400gm	3kg	1kg	600gm
		F32	2kg	500gm	NE	2kg	500gm	NE
		F33	2kg	500gm	400gm	2kg	500gm	400gm
		F34	2kg	500gm	400gm	2kg	500gm	400gm
		F35	2kg	500gm	400gm	2kg	500gm	400gm
		F36	2kg	500gm	400gm	2kg	500gm	400gm
		F37	2kg	500gm	400gm	3kg	500gm	400gm
		F38	2kg	500gm	400gm	3kg	500gm	400gm
		F40	2kg	500gm	400gm	2kg	750gm	400gm
		F42	3kg	750gm	400gm	3kg	1kg	600gm
		F43	3kg	750gm	400gm	3kg	1kg	600gm
		F44	3kg	750gm	400gm	3kg	1kg	600gm
		F45-F46	3kg	750gm	400gm	3kg	1kg	600gm
		F51	NE	500gm	NE	NE	500gm	NE
		F52	1.5kg	500gm	400gm	1.5kg	500gm	400gm
		F53	2kg	500gm	400gm	2kg	500gm	400gm
		F54	2kg	500gm	400gm	2kg	500gm	400gm
		F55	2kg	500gm	400gm	2kg	500gm	400gm
F56	2kg	500gm	400gm	2kg	500gm	400gm		
F57	2kg	500gm	400gm	2kg	500gm	400gm		
F58	2kg	500gm	400gm	3kg	500gm	400gm		
F60	3kg	750gm	400gm	3kg	1kg	600gm		
	U14	F01	3kg	1kg	400gm	3kg	1kg	600gm
		F11-F13	3kg	1kg	400gm	3kg	1kg	600gm
		F20	3kg	1kg	400gm	3kg	1kg	600gm
		F32	2kg	500gm	NE	2kg	500gm	NE
		F33	2kg	500gm	400gm	2kg	500gm	400gm
		F34	2kg	500gm	400gm	2kg	500gm	400gm
		F35	2kg	500gm	400gm	2kg	500gm	400gm
		F36	2kg	500gm	400gm	2kg	500gm	400gm
		F37	2kg	500gm	400gm	3kg	500gm	400gm
		F38	2kg	500gm	400gm	3kg	500gm	400gm
		F40	2kg	500gm	400gm	2kg	750gm	400gm
		F42	3kg	1kg	400gm	3kg	1kg	600gm
		F43	3kg	1kg	400gm	3kg	1kg	600gm
		F44	3kg	1kg	400gm	3kg	1kg	600gm
		F45-F46	3kg	1kg	400gm	3kg	1kg	600gm
		F51	NE	500gm	NE	NE	500gm	NE
		F52	1.5kg	500gm	400gm	1.5kg	500gm	400gm
		F53	2kg	500gm	400gm	2kg	500gm	400gm
		F54	2kg	500gm	400gm	2kg	500gm	400gm
		F55	2kg	500gm	400gm	2kg	500gm	400gm
F56	2kg	500gm	400gm	2kg	500gm	400gm		
F57	2kg	500gm	400gm	2kg	500gm	400gm		
F58	2kg	500gm	400gm	3kg	500gm	400gm		
F60	3kg	1kg	400gm	3kg	1kg	600gm		

## Implement Specification (Cont.)

State Championship Invitation Age Group	Little Athletics Registration Age	Classification	GIRLS			BOYS		
			Shot Put (Centre & Championship Event)	Discus (Centre Only)	Javelin (Centre Only)	Shot Put (Centre & Championship Event)	Discus Centre Only)	Javelin (Centre Only)
U15/17	U15	F01	3kg	1kg	600gm	4kg	1kg	600gm
		F11-F13	3kg	1kg	600gm	4kg	1kg	600gm
		F20	3kg	1kg	600gm	4kg	1kg	600gm
		F32	2kg	750gm	NE	2kg	750gm	NE
		F33	2kg	750gm	400gm	2kg	750gm	600gm
		F34	2kg	750gm	400gm	3kg	750gm	600gm
		F35	2kg	750gm	400gm	3kg	750gm	600gm
		F36	2kg	750gm	400gm	3kg	750gm	600gm
		F37	2kg	750gm	400gm	3kg	750gm	600gm
		F38	2kg	750gm	400gm	3kg	750gm	600gm
		F40	2kg	500gm	400gm	3kg	1kg	400gm
		F42	3kg	1kg	600gm	4kg	1kg	600gm
		F43	3kg	1kg	600gm	4kg	1kg	600gm
		F44	3kg	1kg	600gm	4kg	1kg	600gm
		F45-F46	3kg	1kg	600gm	4kg	1kg	600gm
		F51	NE	750gm	NE	NE	750gm	NE
		F52	2kg	750gm	400gm	2kg	750gm	400gm
		F53	2kg	750gm	400gm	2kg	750gm	400gm
		F54	2kg	750gm	400gm	3kg	750gm	400gm
		F55	2kg	750gm	400gm	3kg	750gm	400gm
F56	2kg	750gm	400gm	3kg	750gm	400gm		
F57	2kg	750gm	400gm	3kg	750gm	400gm		
F58	3kg	750gm	400gm	4kg	750gm	400gm		
F60	3kg	1kg	600gm	4kg	1kg	600gm		
	U17	F01	4kg	1kg	600gm	5kg	1.5kg	700gm
		F11-F13	4kg	1kg	600gm	5kg	1.5kg	700gm
		F20	4kg	1kg	600gm	5kg	1.5kg	700gm
		F32	2kg	750gm	NE	2kg	750gm	NE
		F33	2kg	750gm	600gm	2kg	750gm	600gm
		F34	3kg	750gm	600gm	3kg	750gm	600gm
		F35	3kg	750gm	600gm	3kg	750gm	600gm
		F36	3kg	750gm	600gm	3kg	750gm	600gm
		F37	4kg	750gm	600gm	4kg	750gm	600gm
		F38	4kg	750gm	600gm	4kg	1kg	700gm
		F40	2kg	750gm	400gm	3kg	1kg	600gm
		F42	4kg	1kg	600gm	5kg	1.5kg	700gm
		F43	4kg	1kg	600gm	5kg	1.5kg	700gm
		F44	4kg	1kg	600gm	5kg	1.5kg	700gm
		F45-F46	4kg	1kg	600gm	5kg	1.5kg	700gm
		F51	NE	750gm	NE	NE	750gm	NE
		F52	2kg	750gm	600gm	2kg	750gm	600gm
		F53	2kg	750gm	600gm	2kg	750gm	600gm
		F54	2kg	750gm	600gm	3kg	750gm	600gm
		F55	2kg	750gm	600gm	3kg	750gm	600gm
F56	2kg	750gm	600gm	3kg	750gm	600gm		
F57	2kg	750gm	600gm	3kg	750gm	600gm		
F58	3kg	750gm	600gm	4kg	750gm	600gm		
F60	4kg	1kg	600gm	5kg	1.5kg	700gm		